This Upanishad attempts to establish a *via media* between, .^, bridge, as it were, to connect the extreme followers of the *Karma Kanda* and the *Jnana Kanda.* It condemns the exclusive devotion to *Karma* (work) or *Jnana* (knowledge) and insists on the harmonious cultivation of both knowledge and action, or in other words, on. the recognition of the necessity of works as a preparation for the reception of the highest knowledge.

According to Max-Muller:

"The Upanishad wishes to teach the uselessness by themselves of all good works whether we call them sacrificial, legal or moral, and yet at the same time, to recognise, if not the necessity, at least the harmlessness of good works, provided they are performed without any selfish motives, without any desire of reward, but as simply as a preparation for higher knowledge, as a means, in fact, of subduing all passions and producing that serenity of mind without which man is incapable of receiving the highest, knowledge. From that point of view, the Upanishad may well say, let a man wish to live here his appointed time, let him even perform all works. If only he knows that all must be surrendered to the Lord, then the work done by him will not cling to him. It will not work on and produce effect after effect, nor will it involve him in a succession of new births in which to enjoy the reward of his works, but it will leave him free to enjoy the blessings **of** the highest knowledge. It will have served as a preparation for that higher knowledge which the Upanishad imparts and which secures freedom from further births."

"1. All this, whatever changeful thing there is in the world, is to be hidden in God. Thou shouldst enjoy all things after giving up the desire for them (or thou shouldst satisfy thyself by things given by God). Do not covet any man's possessions.

"2. One should wish to live a hundred years here surely by performing duties. Work does not cling to thee, to man, when he acts in this manner. There is no other way than this.

"3. There are those sunless worlds enveloped in blinding •darkness. Those persons who destroy their selves go to them when they die/'